

[1960]

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Les Fines Herbes (Fine Herbs)

Grow them Fresh . . . Grow them Anywhere
Grow them Easily . . . and Economically

HOW TO COOK WITH HERBS THE WAY THE EXPERTS DO:

1. Use herbs sparingly. It is better to use too little rather than too much. Never overpower the basic flavor of the food.
2. When blending several herbs, always emphasize one flavor only and make the other flavors less pronounced.
3. Dried herbs are four times stronger than fresh. Use 1 tablespoon fresh when recipes call for 1 teaspoon dried.
4. Pressure cooking and aluminum foil baking holds herb flavors, but the delicate aroma and flavor can be lost in extended open cooking. In open cooking, add herbs during the last half hour.
5. Cut or chop the leaves of fresh herbs very fine with a sharp knife.

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SEEDS FOR GROWING HERBS ECONOMICALLY

Most of the herbs offered in this catalogue are easily grown but the cultural directions for each herb varies so greatly that it is best to give specific instructions for each. Directions for growing are given in the description of each variety. All types like full sun unless specifically mentioned as otherwise.

H-1 ANISE (Pimpinella anisum) Annual. Grows readily from seed planted in rows 18-24 inches apart after danger of frost is passed. Leaves are used in salads, seeds to flavor cakes, cookies, etc. Pkt. 25c;

H-17 BASIL (Ocimum basilicum) Sweet Large Leaved Annual. Plant in rows 24-30 inches apart and thin to one plant every 6-8 inches. Plants are attractive enough to use in flower gardens. Leaves spicy-scented from germination but for drying should be picked just before flowers open. Pkt., 25c;

H-3 BORAGE (Borago officinalis) Annual. Plant in rows 24-30 inches apart and thin to 8 inches apart in the row in early spring. Leaves are coarse and quite hairy and used in salads or cooked as greens. Flowers are very attractive sky blue and are delicious when candied; and impart a cool cucumber flavor when used fresh in drinks. Pkt., 25c;

H-4 CARAWAY (Carum carvi) Biennial. Only seeds are used. Seeds won't form the first year so, although they can be planted in the spring, it's easier to plant in July in rows 24-30 inches apart and allow plants to overwinter in place. Seed stalks will form the following year. Seeds shouldn't be harvested till dry. Pkt., 25c;

H-5 CATNIP (Nepeta cataria) Perennial. Loved by cats and occasionally used for seasoning and for bee pasture. Plant in rows 18 inches apart. We suggest you mix sparingly with radishes to mark rows until the catnip plants are established. Plants can be divided the second year. Pkt., 25c;

C-93 CHERVIL. Pkt., 25c.

C-98 CHIVES. 25c.

H-7 CORIANDER (Coriandrum Sativum) Annual. Plant in rows 18-24 inches apart. The seeds are used for flavoring in confections and as a condiment. The leaves are bitter and ill-flavored. Pkt., 25c; ~ 50c;

H-8 DILL (Anethum Graveolens) Annual. Plant in rows 30-36 inches apart after danger of frost is past. Thin to one plant every 3-5 inches after the stand is established. The finely divided leaves, the soft stems, and flowers are used for flavoring pickles, soups and sauces. Pkt., 15c;

H-22 FLORENCE FENNEL. Pkt., 25c.

H-10 HOREHOUND (Marrubium Vulgare). Perennial. Plant seeds early as possible in the spring in short rows preferably with radishes to mark the row until horehound comes up. Transplant as soon as plants are two inches tall to permanent location. Plant at least 2 feet apart. Leaves and tender shoots are dried and are the source of horehound candy. Pkt., 25c;

H-2 HYSSOP (Hyssopus Officinalis) Perennial. Plant in a short row, preferably with radishes to mark the row until Hyssop plants are established. When 2 inches tall, transplant to permanent location 12 inches apart or closer, if used for clipped border. Leaves are used to flavor liqueurs and as a condiment. Oil from seeds is used in perfumery. Pkt., 25c;

H-12 TRUE LAVENDER (Lavendula Officinalis) Tender Perennial. Probably the best known of all herbs. Dried flowers and seeds used in sachets, the oil distilled from them in perfumes. Seed in early spring with radishes to mark the rows. Transplant when plants are 2 inches tall. Protect during severe winter weather. Pkt., 25c;

HERB PLANTS

Some herbs are difficult to start from seeds, others produce so little seed that it's impractical to consider starting them from seed. Therefore, we offer plants of the herbs listed below. Shipments will be made from March to June, depending somewhat on the weather. Please specify date you would like to receive your plants.

All plants 65c each, **postpaid**. Minimum order 3 plants (can be 3 separate varieties). 12 plants for \$7.50, **postpaid**.

H-1 APPLEMINT (Mentha Gentilis) Perennial. A loco spreading mint plant with a fruity mint flavor. It grows best in shade and moist ground but will survive in sun. Delightful in tea and also cold drinks.

H-5 CURLY MINT (Mentha spicata crispa) Perennial. This is the variety of Spearmint that is used in the south as an ingredient in the famous Mint Julep. Grows best in moist soil. Used fresh. **HP-22** better for drying with same flavor.

HP-22 SPEARMINT (Mentha spicata) Perennial. The common flavor used in Spearmint gum. The leaves are used to flavor cold drinks, in teas and to make mint sauces. Grows best in moist soil. Fresh leaves picked anytime but for drying best picked just as flowering begins.

HP-10 PEPPERMINT (Mentha Peperita) Tender Perennial. Excellent as a tea because of its characteristic warm spicy scent. Its oil is a source of menthol. Grows best in a moist, rich soil. Won't survive a severe winter. Fresh leaves can be picked anytime but for drying it should be picked at time of flowering.

HP-7 LEMON THYME (Thymus Citriodorus) Perennial. A very low growing spreading type. Very effective for spreading among and over rocks. This thyme has a delicious lemon scent and makes an excellent tea.

HP-20 THYME. See general description in Herb Seed Section. Since it's a little difficult to grow from seed, we offer plants.

HP-11 OREGANO (Origanum Vulgare). Perennial. Although this is the same genus as Marjoram, it grows much coarser and smells more like Thyme. A must for pizza and its popularity increases as the popularity of pizza increases.

HP-14 ROSEMARY. See general description in Herb Seed Section. Plants are available for those who don't want to start them from seed.

HP-15 SOUTHERN WOOD (Artemisia Abrotanum) Perennial. Makes a beautiful fragrant low hedge if clipped—Grows scraggly—2-3 feet, if unclipped. Formerly the dried leaves were used to keep moths away and presently has limited use in medicine. Used mainly as an accent plant in herb garden.

HP-17 SWEET MARJORAM. See description in Herb Seed Sections. Plants are available.

HP-19 TARRAGON (Artemisia dracunculus). Perennial. Young fresh leaves are used in salads, vinegars and also cookery because of their delicate anise-like flavor. Flavor of Tarragon is lost in drying.

HP-23 ROMAN WORMWOOD (Artemesia Pontica). Perennial. Has very finely cut delicate silvery foliage. Makes excellent wine, although it is used mostly as an edging plant. The plants tend to have a sprawling type growth so it must be trimmed regularly if used for edging.

SPECIAL OFFER

H-20 MIXTURE OF ANNUAL HERB SEEDS.

Pkt., 35c. This is intended to meet the needs of those who want to grow a row or bed of herbs without sowing a full packet of each variety. It will contain all available varieties of useful annual herbs. Sow in a nursery row, or seed box and transplant to a row or border in the garden.

H-21 MIXTURE OF PERENNIAL HERB SEEDS.

Pkt., 35c. For small gardens this will give enough plants of assorted varieties to supply the family needs, without the expense of purchasing a packet each. Sow in a nursery row and transplant to a permanent location.

JOYCRAFTS

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